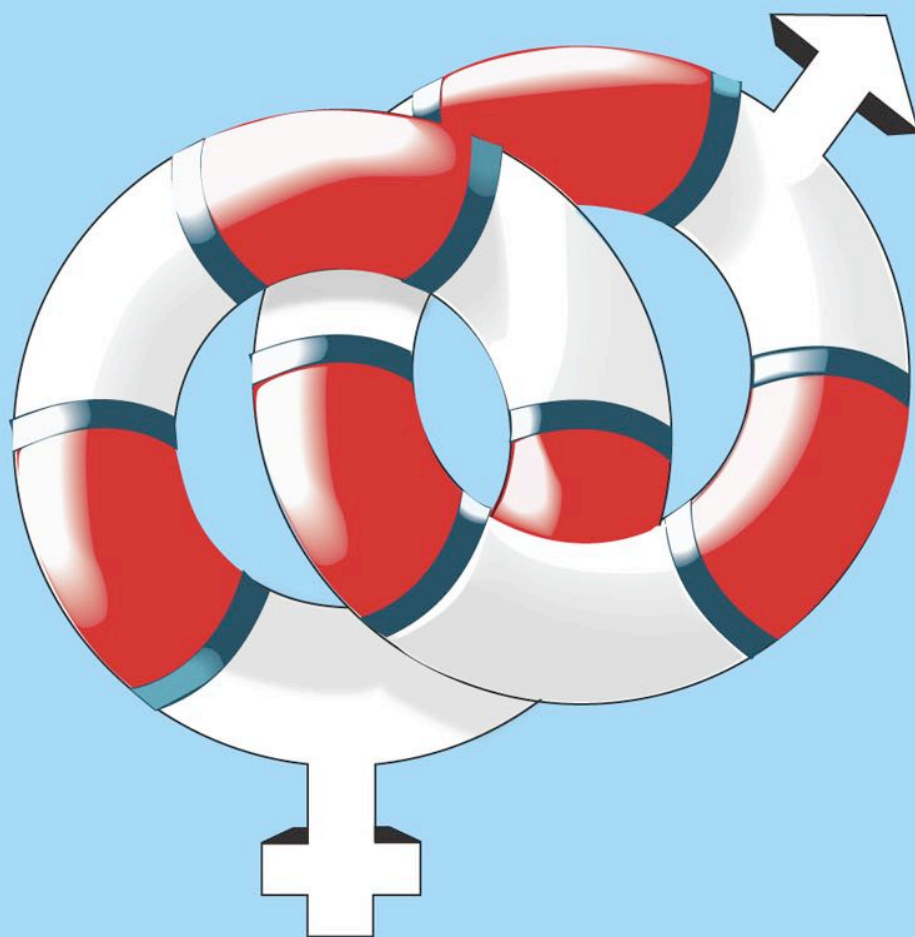


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By Radomir Samardžić

RELATIONSHIP SAVER

FAST TRACK MANUAL FOR RELATIONSHIP SAVING AND/OR REPAIR

*"We can't solve problems by
using the same kind of thinking we used
when we created them."*

– Albert Einstein

Many of this manual's instructions may be contrary to your logical thinking.

Also please take a note: Nothing that you read in following pages is TRUE per se, but if you apply it, it will turn your relationship around. The choice is yours.

Humans are not logical creatures when it comes to relationships.

We are "feeling" creatures for most of the time. A great majority of our decisions are based on our feelings. (Think for example about how you make decisions when you are either upset, afraid or madly in love?) In the long run those successful relationships are ones that are based on "thinking"; "feeling" relationships are eventually doomed to failure, i.e. you are bound to fall out of love at some point. I am not saying that one should have no feelings, but a basis for building a successful relationship cannot solely rely on feelings.

To make things even worse, we are born in a world where there is no training ground for relationships. Our educational system does not have 'relationship classes'. We are thrown into relationships practically from the beginning of our lives. Thereafter, life consistently comes at us with all these relationships and no one really knows, nor can anyone tell us, what or how to make them work or improve them.

This manual is a simple guide for repairing your relationship, providing that you really want to have healthy, loving and satisfying relationship and are willing to give up some of your old destructive techniques, practices and behaviors. Besides a healthy

relationship, you are going to experience spiritual and personal growth, higher self-esteem and a much more satisfying life just by following the simple instructions in this manual.

In the following pages we are going to address what works and what does not work, specifically in the relationship with your partner: wife, husband, boyfriend, girlfriend, or fiancé. You will also get some awareness exercises which may give you insights into your own behavior and practices that you may not have been aware of and which do not serve you, or your relationship.

Before you start.

You may not even be in touch with your "ex", or he/she does not talk to you. If this is your situation the first thing to do is to get back in communication with him/her so that you can use this Manual. The best way to do this is to apologize – in person (is the best), by phone, e-mail or mail - for whatever you did wrong. Do not make up reasons or excuses, and say that you promised to yourself and the world that you will never do it again. This is important: you have to actually MEAN it, believe it and keep your word about it, otherwise no one else will believe you. (Keep in mind that you may have promised things in the past and not kept your promise.) When I say apologize, I do not mean to merely say that you are "sorry". She/he already knows that. Most likely you said it before. What I do mean is use the word "apologize" instead of "sorry". Apologies do not cost anything. Also, do not apologize with an agenda of getting her/him back. This will become clearer as you read on. Do not do anything before you finish reading ALL of this Manual.

*This manual is for mentally and emotionally healthy people and is in no way a substitute for professional medical treatment or counseling. I do not support your staying in an abusive relationship, whether you are an abuser or abused. In fact, I do not encourage you to stay in any relationship whatsoever that you choose not to stay in. Having a good relationship does not necessarily mean that you have to live, or even be together.

A word about your family and friends.

Our family and friends often try to help us resolve the differences with our partners. How often do they succeed? Rarely. They most likely have not taken relationship classes either. In times of conflict with your partner (who is now quickly becoming your enemy) your family and friends "support you" by basically taking your side. That's what family does and that's what friends are for. The way they see it is as a friend's duty to "take your side" in an apparent "war" against your partner. That does not seem to be the best way to go about resolving your differences, does it? Those are most often the strategies for winning or, at least for not losing a war. This manual is not about war. It's about peace. This manual is truly about DISSOLVING conflict and building a firm foundation for a healthy relationship.

Do not blame your family and friends for trying to help. You asked for it in the first place, remember? Love them, but do not follow their advice. In fact, do not even complain to them. They cannot remedy your situation. Only you can. If you are looking for sound advice, they cannot give it because they are too close to you. They may mean well, but they simply don't know; they learned from their parents and their parents learned from their parents, etc., who also didn't know. It goes down through generations. If you are honest with yourself you will see that by complaining you are just looking to your friends to support your point of view. It is very human to complain to your friends, but unfortunately not very effective. If you want your friends to support you, ask them to support your actions from this manual even if they do not agree or understand how it works.

Awareness exercise: Notice when you talk about your partner to others. What is it that you are saying? Are you complaining about him? What are you justifying? Are you looking for agreement? How would you react if your family and friends did not agree with your point of view? Notice that the more you talk about your partner's shortcomings, the more real they become, especially if you get the agreement. Consider that by complaining you are digging a deeper and deeper grave for your relationship.

WORK

So, let's do some work now. Since you bought this manual, I presume that you have been doing everything in your power to save your relationship and you have not exactly succeeded. I'm sure that you did your best.

Now, you may not know what to do next or, you know that you've tried everything and there is nothing else you can do. Don't jump to conclusions just yet. Let's first see what you've been doing. What strategies and behaviors have you tried so far? Here are some examples. See which ones you can recognize as yours (not your partner's).

explaining	being in therapy and/or counseling
reasoning	praying
pressuring	hoping
being depressed	expecting him/her to change
more "loving"	expecting something
promising change	being in bad mood and/or depressed
threatening	moralizing
begging	throwing fits and tantrums
whining	pushing
bribing	being angry
arguing	having expectations
blaming	being a victim
justifying	complaining
asking	swearing
pleading	judging
avoiding	making him/her wrong
reassuring	being disrespectful
dominating	condescending
avoiding being dominated	seeking help from friends, etc.

I am sure you can find your actions among these and feel free to add your very own.

Awareness exercise: Underline the ones that sound familiar, then think for a moment and try to remember what outcomes you have achieved so far with the strategies and behaviors you have been using. Write them down if you wish.

If you concluded that everything you have tried so far has not really worked, that there has been no major shift in the quality of your relationship, and now you don't know what you could possibly do more or differently, do not despair, there is a light at the end of the tunnel.

After you've tried the above, you might have noticed that it does not work because **you cannot control the behavior of your partner**. No matter what you think, you cannot have control over the other person. You never have and you never will. Only by changing your own behavior (remember the one that so far has not worked) will cause him to change in the way you want him to, in the way that you can love him and that he can love you. In fact he is not going to "change", he will only start exhibiting his "good" side: the one that has always been there, the one that you loved in the first place. So, like with any other teamwork, in this relationship recovery program you will focus on what YOU can do and who YOU can be in and for this relationship.

The first thing to realize is that a relationship is for the most part a game. Now, you may be resistant to the notion of playing any games whatsoever. The relationship for you should not be a game at all, but a natural outcome of the affection for each other, or a similar notion. Nevertheless, you have been playing a game all along even if you thought that you hadn't. You've only played it by the "rules" that you "invented". This is by no means a casual game, but a game nevertheless.

The rules of the game in this manual guarantee that THERE ARE NO LOSERS. WHEN YOU WIN, EVERYONE WINS. The only way you can lose is if you stop playing by the rules of this manual, i.e., if you start playing a different game, the game that you've always played – and lost.

RULES

So here are the four rules of a winning game:

1. STOP DOING WHATEVER YOU'VE BEEN DOING SO FAR THAT DID NOT WORK.

(Check the above list.)

*"The definition of insanity
is doing the same thing over and over again,
expecting different results."*

– Rita Mae Brown

Even by just NOT doing whatever you've been doing before and not doing anything instead, you will produce positive results. Easier said than done, you say. Well, it takes some thinking and practice to become aware of our actions, to catch ourselves in the act, to break the habit of being and living 'on automatic'.

Awareness exercise: Just notice when you have the urge to react, when your buttons are pushed and then when you find the reasons and justifications to react in one of the ways mentioned above. You may even react and not be able to stop yourself at first. It is very important though, that you become aware of your knee-jerk reactions to her actions, her words, or even to your own thoughts. Read this two more times. Read it again after every conversation with her which sounded confrontational and left you with a somewhat "bitter taste in your mouth".

In order to take the step number two you always want to be aware of the following two concepts. They will help you be real and authentic and deal with confronting situations with more power, grace and self-confidence.

A. You Do Not Need Your Partner

As we said before a relationship is a game. Professional athletes take games seriously but with a relaxed attitude. Any sports coach will tell you that you cannot be at your best if you are uptight and think only about how you must win. The trick is to pay attention to your own performance and strive for your own best.

Similarly with the relationship game, as long as you think that you cannot live without your partner or, in other words that you must win her over, or that you really need her, or that you will "lose her" when she leaves you cannot be relaxed enough to be able to win the game.

Whatever you may say, I assure you that you do not NEED her. You are just fine the way you are although you may not feel that way now. You were born alone and you will die alone and in the meantime you have a population of at least a few thousand people around you that you can have a relationship with.

Now, I understand that you WANT to be with your partner and that you WISH your partner were in love with you. So, having your partner in your life is more of a want or a wish than what you really need. Do you see the difference? Once you are able to recognize and accept this fact, you will breathe easier, you will see the reality easier, you will not be so much in your head thinking about what should or should not be and, you will not be driving yourself crazy. So, the choice is yours: if you are going to insist that you need her, you will suffer. If you let go of your neediness, you will gain power.

Awareness exercise: In the course of everyday life ask yourself a question whenever you see or hear or think of something you think you need: " Do I really need it, or I would merely like to have it or want it?" Notice when you start inventing the 'reasons' for really needing something. There are actually VERY few things that you need and they are often connected to your very survival. Notice the difference between a want and a need.

B. You Cannot Change The Past

*"In disagreements with loved ones,
deal only with the current situation.
Don't bring up the past."*

– Dalai Lama

Leave the past where it belongs: in the past. STOP fixing the past, because you cannot. Once it happens it's gone, you cannot bring it back, no one can change it unless you have a time machine. Do not dwell in past. What was done is done. You cannot do anything about it NOW. There is a sane alternative to changing the past: if you do not like it, invent another interpretation about what happened and/or start designing the future. Someone said that if you really want tomorrow to be different than yesterday, you have to do something different TODAY.

Awareness exercise: Try to interpret past incidents in a way that allows you to deal with them easier. There are many interpretations to an occurrence. Just ask the other person you disagreed with and your friends. Everyone will give you a different interpretation. Take the one that is the most liberating for you. After all, there is truth in each and every one of them. Next, think instead about what you would like your relationship to be like; the relationship that will be satisfying for you. Create the future NOW.

You've already started. This manual IS about creating a new future.

The next step is to replace everything you were doing that did not work with doing exactly the opposite of what you have been doing so far that did not work.

2. REVERSE THE PROCESS

Instead of disagreeing, agree. Instead of talking, listen. Instead of telling her about her, start talking about yourself. Acknowledging her possible assertion that for her this relationship does not work would be a good start. By acknowledging or agreeing to whatever she says – including her opinions about you and your relationship, you validate her. Her opinion may be right or wrong; it makes no difference. Your agreement is about your acknowledging her opinion - and she has every right to have an opinion and feel certain way whether her thinking is right or wrong; it shows that you listen and acknowledge and validate her as a person. Whenever she says something, do not judge or assess. Just agree and shut up. There is a lot of "letting go" to do while practicing this second stage. French say: "What you resist it persists". Letting go of having to be right resolves the situation faster and is much less painful. You cannot change what has been said – it's in the past. Now there is an opportunity to create the new future just by acknowledging how she feels and letting go.

As you might see, agreeing with her about whatever she does or says does not mean that you are a weak, subservient human being controlled by her. On the contrary, by agreeing with her you will show your compassion and your understanding of where she comes from. In other words, you will exercise a power of listening: just noticing, accepting and acknowledging the way she thinks. She cannot but appreciate it. Be sincere and authentic. Ask genuine questions so that you can understand her better when appropriate, without pushing her buttons. Remember: do not bring up the past.

Often you will have the urge to explain how things are, or should be. Stop and just listen to HER explanations. If you normally were to reason with her, listen to her reasons for a change, acknowledge them and do not offer your counter arguments. If you used to pressure her into something, ask her what it is that she would like to do and just go along. Stop telling her that you love her. In fact, make her jealous. Have fun and go out by yourself. Show her that you can have a life outside of her. Show that you do not need her. If you were promising change, acknowledge that in the present situation it is very likely that nothing will change considering that nothing has worked so far and ask her what she wants to do about it. And so on. I hope you get the idea.

To follow this manual you will need some courage. Not needing her helps. Gaining power along the way by knowing the distinctions between reality and imagination or, facts and interpretations also helps. Trusting the manual is essential. Do not regress to your old strategies, because ... you are right, they do not work.

As you may notice, you are playing a game. You may also recognize that you do not like playing games.

That is exactly where we are heading – the no-game-zone, but for the time being, the fact is - as we said before - that you have already been playing games all along but with a strategy that did not work. What we have to do first is, bring the relationship to the level of mutual support and respect by changing the rules of the game where the two of you will be proud of each other. Then, when your relationship is repaired you can start building on it, go to the next level and make it a phenomenal relationship. But, for the time being, we must continue to play the game.

Another necessary ingredient in the strategy of this game is your mood.

3. HIGH SPIRITS, CHEERFULNESS AND HAPPINESS

are ABSOLUTELY necessary ingredients in this game.

Whenever you do something for him, do it gladly, immediately and exactly the way he wants it. The moment you decide to do something for him that you normally would not do, make up your mind, be sure that it is absolutely your choice to do this, that you do not expect anything in return, not even a 'thank you', and that you will do it the best you can, not just merely do it. Remember that you've stopped being grouchy, controlling, complaining etc. and that you are now adopting a strategy of doing things quite the opposite to what they were, i.e., instead of saying: "Here is your damn coffee," and throwing the cup on the table, you say: "How much sugar would you like?" whistling your favorite song. Get the picture? Whatever is worth doing at all is worth doing well, someone said.

If you are not in a conversation, be cheerful. Show that you are happy with your life at this moment, that your happiness does not depend on his actions or inactions. YOU DO NOT NEED HIM. Show it by being happy. He likes you to be happy. He likes a "happy you", not a "grouchy you". It draws him closer. You did not get together in the first place because you logically assessed the situation as well as each other and only then logically decided to fall in love. Did you? You were 'happy together'.

No one wants to fight unless provoked, threatened and/or afraid. Avoid being threatening in any way and refrain from being provoked and feeling threatened. Always remember that you do not need him. Being happy is just as easily done as said. Try it and practice it. It is your choice from moment to moment. Happiness is a matter of now, of a present moment. You cannot be happy in the future or in the past.

Awareness exercise: What do you achieve by being unhappy and grouchy? You do get something out of it. Some kind of satisfaction. What is it? Look deep and hard. What are the results in the quality of YOUR life when you are unhappy and grouchy? Compare what you are getting vs. what you are sacrificing. Read this two more times.

4. DO NOT TALK ABOUT YOUR RELATIONSHIP WITH YOUR PARTNER

Talk about movies, cooking, golf, or whatever. Stop "working on your relationship and talking about it". That strategy did not work either. Drop it. Remember this is a game. You do not talk about your relationship; you are on the court playing inside your relationship. (Remember when your relationship was at its best, say, not long after you'd met. Did you work on it to become that way?) You are already relating to him. All you do now differently is that you changed the rules. The game goes on.

Your changed behavior will result in his reconsidering staying in the relationship and wanting to have a good one too. And why wouldn't he? If he starts a new one, it is bound to end the same way as this one was before you changed the rules.

Once you give up fighting (disagreeing or resenting) he will too. He did not "win". You both won. A good relationship is a win/win game. As long as you keep insisting on being

right – therefore he has to be wrong, or justifying your actions and invalidate his; as long as you are trying to play a one-upmanship game with him, the relationship will go down the tubes.

The price that you are paying for sticking to your old strategies has cost you a fulfilling relationship with him. When you give that up and stick with this manual, your relationship will start flourishing. Someone said that love was not gazing into each other's eyes, but together looking into the future.

That is a next step in creating a powerful and satisfying relationship.

BE CAREFUL: DO NOT SLIP INTO YOUR OLD BEHAVIOR even if he does. Now you know what to do. The more you take the responsibility for your relationship, the healthier it will be. (Responsibility is not a burden. It's a privilege. It is a STAND that you take FOR something.)

Awareness exercise: What would happen if you were to take 100% responsibility for your relationship? Would that make you stronger, or weaker?

One day you may laugh at how silly, childish, immature, serious and significant you once were. Now you know better:

- Humans are not logical creatures when it comes to relationships.
- The relationship is a game.
- You cannot change the past.
- Do what works drop what doesn't.
- You do not NEED each other.
- You cannot control the behavior of your partner.
- You DO NOT have to be right.
- You CAN be happy at any time.
- You do not have to work ON the relationship - you are IN the relationship.
- Do not complain to anyone who cannot do anything about it, like your friends and family.
- You CAN choose what quality of your relationship you want to have.

This is it for now. Apply what you've read here and your relationship will get repaired and both of you will become different people.

Going off with another partner is often the opportunity to make the same mistake again. First, repair the current relationship or marriage and then, if you want to find another partner, at least you will know how to keep her. The percentage of second marriage divorces is much higher than first ones. Does that tell you something?

Once you repair your relationship you will start to build the next stage, a 'gameless' relationship. This will be the next level of your development too.

To share experiences and/or success stories please write to:

Radomir@RelationshipSaver.com

For further coaching, support and guidance through the process of recovering your relationship, or creating a better one I offer personal relationship counseling.

It can be done either by phone, or e-mail.

<http://www.relationshipsaver.com/coaching.html>